

Together With

WINTER 2004

A PUBLICATION OF THE TENNESSEE DEPARTMENT OF LABOR & WORKFORCE DEVELOPMENT

Carbon Monoxide Reminder

Winter and cold weather means more time is spent indoors with doors and windows shut tight. During these times, it is important for everyone to watch out for carbon monoxide (CO), a colorless, odorless gas that is produced by incomplete burning of carbon fuels. Exposure to this indoor air pollutant reduces the blood's ability to carry oxygen and can cause serious health problems.

Mild exposure can cause nausea, dizziness, or headaches. At very high levels, an exposed person will lose consciousness and die. Nearly 300 people die every year from CO exposure related to residential combustion appliances. Any fuel-burning equipment

or appliance that is not adequately ventilated and maintained can be a source of CO including forklifts, wood and coal stoves, space heaters, automobile exhaust fumes, gas-powered lawn mowers, and power tools.

To avoid exposure and keep your workplace CO free this winter, do not operate gas-powered engines in confined areas such as garages or cellars and never leave gas powered equipment running in a closed area. Make sure your furnace has adequate intake of outside air and choose vented appliances, if possible. Install a CO detector with an audible alarm. And instruct everyone about the hazards, signs, and symptoms of carbon monoxide exposure.

ASK TOSHA

What criteria must an eye wash and safety shower meet to be acceptable to TOSHA?

Eyewashes and showers should meet criteria set forth by the American National Standards Institute in their standard ANSI Z358.1-1998. Construction, installation, and location should meet those ANSI requirements. Also, consider the following:

1. Most faucet-mounted ("gooseneck") installations do not meet the requirements, principally because they lack quick-opening valves and have the potential for high water temperatures.
2. Eyewashes and showers should be located as close as possible to the hazard and on the same floor level. The more hazardous the material, the closer in time and distance the unit should be. ANSI requires that an eyewash and shower be no further than a 10-second travel time from the hazard. ANSI also recommends that for highly corrosive chemicals, such as strong acids ($\text{pH} \leq 1$) or bases ($\text{pH} \geq 12$), the eye wash unit be immediately adjacent to the hazard.
3. Flushing fluid temperatures should be tepid or lukewarm (between 15 and 35 degrees C or 60 and 95 degrees F). Temperatures outside this range are likely to discourage use of the equipment, and, for showers, there is the additional concern that shock may occur. Temperatures greater than 39 degrees C (100 degrees F) can be harmful to the eyes.
4. Plumbed eyewashes and showers must be flushed weekly to ensure proper operation. Eyewash flushing for at least three minutes is suggested to reduce bacterial and amoebic contamination which can cause severe eye infections when introduced into traumatized eyes. Units must also be inspected on an annual basis to conform with ANSI Z358.1-1998.
5. There should be regular maintenance of self-contained eyewash units to ensure they are full and operational, the flushing solution is changed according to manufacturer's instructions, and access to the units is not blocked. Only commercially available solutions intended for eye flushing should be used.

Consult ANSI Z358.1-1998 for a checklist and complete text of emergency eyewash/shower requirements.



Together with TOSHA is the newsletter of the Division of Occupational Safety and Health.

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TOSHA TIPS ²

Condition: A written Bloodborne Pathogen Exposure Control Plan, designed to eliminate or minimize exposure, had not been established and implemented to protect all potentially exposed employees.

Potential Effects: Exposure to human blood or other potentially infectious materials (OPIM) may result in the employee contracting the hepatitis B virus, hepatitis C virus, the human immunodeficiency virus, or some other bloodborne pathogen.

Citation: 29 CFR 1910.1030(c)(1)

Recommended Action: Prepare a written Bloodborne Pathogen Exposure Control Plan. The plan must describe how compliance with the standard is achieved.

- Observance of universal precautions
- Engineering and work practice controls
- PPE (personal protective equipment)
 - Housekeeping
 - Regulated waste
 - Laundry
 - Hepatitis B vaccinations

- Post-exposure follow-ups
- Labels
- Training of employees
- List the covered employees (job titles)
- Describe covered tasks
- Describe post-exposure follow-up procedures

Policies on the following must be included:

The plan must be reviewed and updated annually and be accessible to employees. For a model exposure control plan, visit www.osha.gov, click on Publications, scroll down to publication number 3186.

TOSHA's Upcoming Seminars

TOSHA has finalized the Spring 2004 seminar offerings. Seminars will be held across the state on such topics as OSHA Recordkeeping, TOSHA for Maintenance Workers, Basic Safety Regulations, and Train the Trainer, a seminar for those with safety training responsibilities. In addition five OSHA 10-Hour General Industry Courses and one OSHA 30-Hour course will be conducted between April 1 and June 3, 2004.

If you want to help with starting a safety committee in your workplace, TOSHA will also offer seminars on the best way to do it. For a copy of the entire schedule, with dates and locations, visit TOSHA's web site at www.tennessee.gov/labor-wfd/tosha or call 615-253-4006.



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EARN & LIVE

Public Sector Files

A 22-year old utility worker was killed while unloading water pipe off a truck trailer.

Two workers were using a crane mounted on the trailer to unload the pipe.

The boom of the telescoping crane came into contact with an overhead 23 KV primary electrical line. The current traveled down the crane cable, chain sling, and the two 18 foot long sections of pipe, killing one worker and severely burning another.



To prevent such an event from happening:

1. Instruct each employee in the recognition and avoidance of unsafe conditions and the regulations applicable to his (her) work environment to control or eliminate any hazards or other exposure to illness or injury.
2. Do not operate equipment where part of the equipment is within 10 feet of electrical distribution or transmission lines rated 50 KV or below that had not been de-energized and visibly grounded.
3. Erect insulating barriers not a part of, or an attachment to, the equipment to prevent physical contact with the lines.